

LCN Connections

The Monroe Institute Local Chapter Network

TMI's 6 Day Residential Program - Timeline

November 2014

The Timeline program was designed by Lee Stone and the exercises are narrated by Dr. Darlene Miller, who was the former Director of Programs and Vice President for TMI.

The program is described as follows although as all TMI programs is can be so much more.

Each of us is born with unique opportunities for personal growth and self-actualization. Yet, in the unfolding of our lives we sometimes experience doubts. Are we fulfilling our greatest potential? Are we living according to our highest purpose?

Using special exercises powered by the Hemi-Sync® technology, the Timeline

program is designed to guide you step-by-step toward knowing your life's higher purpose, to gaining new insights about how to live fully.

Each of us is born with unique opportunities for personal growth and self actualization.

You will first revisit the early years of your current life, uncovering and releasing old beliefs or recurring emotions that have limited or obstructed your progress. Your discoveries and insights are for your personal enhancement. Sharing them is welcomed but not required.

Next, you are guided into a

deep exploration of past lives—of who you were—toward a new understanding of the origins of your current life situation. By healing and releasing the past you can create an opening to a more purposeful and fulfilling future.

Ultimately, you are led to move forward in local time, meeting your higher self, perceiving future events, receiving clarity about your purpose, and gaining a new life overview. Your new overview allows you to navigate life with the least resistance and maximum benefit. You are aided to realize what is possible—what can be optimized and accomplished with your remaining time in this life experience.

Issue 13

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Timeline - Lee Stone's Story



In 1973 my (then) wife started a hippie food co-op and through that we began to receive a magazine called "The East West Journal". In one issue there was an article by someone describing their experience of going through a past life regression. It struck a deep resonance in me and I kept the article for several

years before finding someone willing to try it with me. I had some background in hypnosis and we had no trouble moving into her memories of another time. From that point on, I was always on the lookout for someone to do regressions with. It was six years before I found someone who would regress me and I found that I had easy access to those other selves. So much so, I simply began to regress myself and explore the origins of aspects

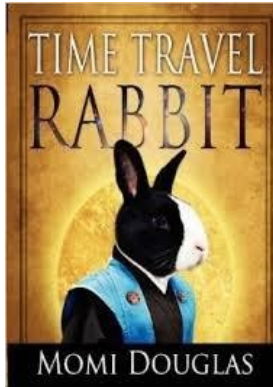
of my local time personality and where I had known other people that were a part my local every day life. For a while, I kept detailed notes but after coming to know over eighty other lives, the whole process became so integrated into my consciousness that I could simply create direct access with out doing the preliminary trance processes.

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Special points of interest:

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Time Travel Rabbit - Momi Douglas



Time Travel Rabbit explores the notions that time travel, interspecies communication, and the connection of the individual to the whole are not only possible, but real and definable, both in scientific and metaphysical terms. These concepts are revealed within an adventure story about two inhabitants of planet Earth, an elderly professor doing clandestine

teleportation research, and a young mysterious rabbit who ap-

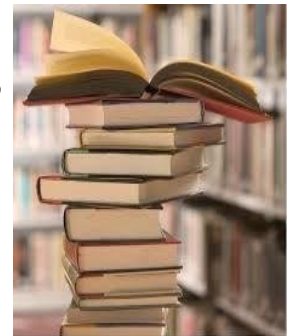
“Are we going home”, Mr Pebbles asked. “Yes I think so”....”

pears to be much more than he is. The information contained in this book originates with the author's actual life experiences and dream conversations with his rabbit friend, Mr. Pebbles. This book fulfills a promise to Mr. Pebbles to publish information about the true relationship between humans and their planet.

Allow Momi Douglas to take you on a magical journey with a man and a rabbit.

The journey weaves throughout different times and places in history, complete with pursuits, intrigue and adventures. A clever mix of situations in recorded history as we have read it to be, and adding another layer to what it may be. Plus more.

Gwen Jones



Testimonials From 2014 Timeline Participants

“I have taken many different six-day residential programs at TMI, each a uniquely beautiful and transformational experience. *Timeline* for me was one of the most healing, uplifting, and liberating experiences I have had at TMI. The program was masterfully conceived and created by Lee Stone and was beautifully facilitated by Lee, Charlene Nicely, and Andrea Berger. These three trainers worked exceptionally well together and created an atmosphere that was conducive to everything the program sought to offer. Given that Lee Stone is an accomplished professional artist (graphic and music), it was not surprising that the same level of attention to detail was clearly evident in every aspect of the program. If you have an interest in self-healing, a curiosity about how time functions, and a desire to create a life free of limita-

tions, I would highly recommend you take this program.”

Tip Walker

“*Timeline* is a true gem. Beautifully and insightfully designed by Lee Stone, the program's structure, flow, and flexibility offer a week of diverse opportunities for exploration, self-discovery, and personal transformation. The powerful process of moving in and out of time, traveling along one's personal timeline into both the past (including other lives) and the future, and expanding awareness of the precious gift of our Earth lives facilitates the release of even longstanding and sometimes hidden patterns. I experienced greater healing during *Timeline* than I had in any of the ten previous transformative TMI programs I had taken. I was further uplifted and energized vicariously as my fellow partici-

pants shared their own healing experiences. I would highly recommend *Timeline* to anyone committed to awakening to a more joyful and fulfilling life.”

Ellen Jones-Walker

“The class was wonderful in helping to uncover old blockages that were affecting my life currently, as well as recognizing some friends I had shared past lives with”.

Scott Filling - The Plains, VA

I thought *Timeline* would be about discovering information from my past lives. What I actually got is super clear information about the future. Timelines revealed the purpose of my life far beyond what I expected.”

Walter Frei, Lutry/Switzerland

Channelling Messages - Candie Sanderson



Forgiveness carries with it the energy of love. It is not love for the perceived “wrongdoer” but, instead love towards the one who needs to forgive. If one does not forgive, there is a blockage of energy at the very source of wellness—the heart. If the human body’s physical heart is blocked, there is a lack of appropriate blood flow throughout; organs will suffer. The result is dis-ease because the organs will atrophy or decay due to the lack of blood flow. The energy of the heart works in exactly the same manner. When there is a blockage of the heart, as in the example of someone who needs to forgive, there is an atrophy of the entire energy body, resulting in a dis-ease not only in the physical body, but in the primary source of wellness—the energy of the heart.

Many humans are given opportunities for growth on the Earth plane. Many lessons are learned in what humans refer to as “the hard way.” If life were easy, fewer lessons would be learned. One of the most valuable lessons to learn is that of forgiveness. As this one

heard many years ago, that not forgiving is similar to taking poison in hopes that the transgressor would die. We say that this statement is factual. Forgiveness evokes the energy of self-love.

From an individual Point of Existence (POE) one human may harbor unkind feelings towards another human because of a perceived transgression when, in fact, the root of the incident may not truly carry the energy of transgression. The “transgressor’s” POE is different—that is all. By changing your POE and shifting awareness to a larger perspective, the human can literally “rise above” the incident. When shifting awareness (POE) to a larger perspective, the subsequent energies shift in alignment with Truth. The individual, isolated POE, of the “offended” no longer exists.

When this shift (rising above) from individual/isolated POE to a broader perspective occurs, the energy associated with it is a lighter, higher vibration. Humans have referred to this process as becoming “enlightened.”

Enlightenment, indeed, is a state of existence in which previously petty, bothersome incidents become insignificant. An example of this occurs when a perceived trag-

edy happens to a close friend or family member. Their daily lives are disrupted by the incident and often they use this disruption to reflect upon patterns in their daily lives. A different perspective—a different POE—frequently results. They often realize how petty their concerns are (from their isolated POEs). From an energetic perspective, this is easy to understand.

When the tragedy befalls, the current POE or energy field is changed. They are flooded with energies of caring and compassion. These energies are of a higher vibration, thus, expanding their POE and, for a short time, the end result is a degree of enlightenment. Daily occurrences which were bothersome are now seen in a “different light” and are no longer troublesome for they have literally risen above their isolated POE.

We say that if humans would continue to connect with this higher source and constantly expand their Point of Existence, their hearts would remain open. It is the opening of the heart that is responsible for “ease” in their life. Just as the closing of the heart is responsible for dis-ease.

Candie Sanderson

Intuition - Gwen Jones

Intuition, we all have it, but not all of us utilise it. Self doubt, lack of understanding and lack of trust are just some of the things that can get in the way. Intuition is a wonderful gift that can aid and assist us during this life journey, if we would but listen.

It can be the guardian angel that is there to prompt us to change direc-

tion, it can be the teacher that leads us to the answer we are seeking. It can be the friend that is always there with loving advice.

Learning how your intuition talks to you and strengthening that connection is a task well worth undertaking.

Quieten the mind, becoming still and just listening to your thoughts and

feelings is a great start to connecting with your intuition.

Once you find it, allow that connection to strengthen and experience life with a guardian angel who is with you always.

Gwen Jones

LCN Chapter Directory - US Regions

Region 1 – New England

New England, CT, MA, RI

Contact: **CCL** David Baird
dbaird@msn.com

Region 2 – Northeast

Bethlehem, PA

Contact: **CL** Tinamarie Alaimo
sexilize@aol.com

Geneseo, NY

Contact: **CL** Shannon Pickney
ShannonChanler@gmail.com

New York, NY

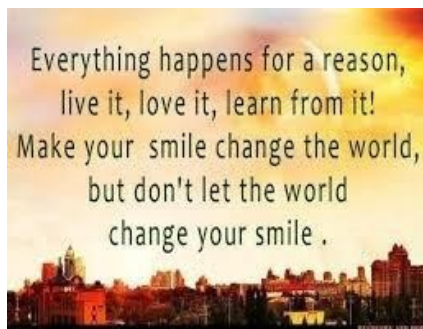
Contact: **CL** Allison Moore
amoore@nyc.rr.com

New York, NY

Contact: **CL** Heather Alfano
hmalfano1977@yahoo.com

Philadelphia, PA

Contact: **CL** Martha Monroe
mmonroe001@comcast.net
Contact: **CL** Robert Waas
rwaas@mac.com



Who Can Start a Local Chapter?

Attendees of a two-day Excursion Workshop or a six-day residential program at The Monroe Institute (TMI) are eligible to start a Local Chapter (LC). You will work with the Regional Coordinator in your area to help you get started. They will support you in establishing a Local Chapter regardless of your experience.

To get started email
tmlcnglobal@gmail.com

Region 3 – Mid - Atlantic

Charleston, WV

Contact: **CL** Steve K
tmcharlestonwv@suddenlink.net

Hampton Roads, VA

Contact: **CL** Bobbie Gribble
rgribble1@gmail.com

Lynchburg, VA

Contact: **CCL** Leita Reichle
leitareichle@yahoo.com

McLean, VA

Contact: **CCL** Parvin Soltani Goldberg
parvinsoltani@aol.com

Midlothian, VA

Contact: **CCL** Melissa Vetter
teachermom1920@hotmail.com

Floyd County, VA

Contact: **CCL** Tip Walker
& **CCL** Ellen Jones-Walker
cwalker@swva.net

Pipestem, WV

Contact: **CCL** Anna Ferraraccio
awhite777@aol.com

Raleigh, NC

Contact: **CCL** Dawn Tobin
lightworkerdawn@humiluminous.com
[Meetup Group Link](#)

*A smile is a window in your face
to show your heart is at home.*

Unknown

CCL – Certified Chapter Leader CL – Chapter Leader

Region 4 – Southeast

Amelia Island, FL

Contact: **CL** Don & Cindy Murphy
domehealingcenter@gmail.com

Boynton Beach, FL

Contact: **CCL** Beatriz Cymberknopf
binaazjz@gmail.com

Miami, FL

Contact: **CL** Yafi Yair
yafitny@aol.com

Naples, FL

Contact: **CCL** Tony Eller
TonyEller@aol.com
Contact: Candie Sanderson
TMI.Naples@gmail.com

New Smyrna Beach, FL

Contact: **CCL** George & Peggie Painter
georgepainter@cfl.rr.com

Ocala, FL

Contact: **CCL** Jean McDoniels
Ocalalight@aol.com

Orlando, FL

Contact: **CCL** Michael Velasquez
hemisyncclasses@aol.com

Orlando, FL

Contact: **CCL** Derek Simons
dereksimons1@gmail.com

Palm Coast, FL

Contact: **CL** Patricia Hale
PHale0913@aol.com

Tampa Bay Area, FL

Contact: **CCL** Steve DerDerian
TempleMound@live.com



LCN Chapter Directory - US Regions (cont)

Region 5 – Upper Midwest

Appleton, WI

Contact: **CCL** Laurin Bellg

laurinbellg@gmail.com

[Meetup Group Link](#)

Chicago, IL

Contact: **CCL** Marinda Stopforth

peekaboolza@aol.com

Cincinnati, OH

Contact: **CCL** Andrea Berger

aberger@cinci.rr.com

[Meetup Group Link](#)

Columbus, OH

Contact: **CL** Scott Sawatzki

pharossolutions@yahoo.com

Detroit, MI

Contact: **CL** Rebecca Brown

elrebbrown@yahoo.com

[Meetup Group Link](#)

Fond du Lac, WI

Contact: **CL** Lisa Reber & Linda Heimerman

lisareber@your-souls-journey.com

Louisville, KY

Contact: **CL** Thomas Mooneagle

thomasmooneagle@gmail.com

Minneapolis, MN

Contact: **CL** Adam Schmidt

schmidtadamc@yahoo.com

South Haven, MI

Contact: **CL** Marianne Brown

maritb333@hotmail.com

You are a manifestation of Infinity.
All that Is, is within you and available for you to access at any given moment.

Extract from Windows to the Soul

[Yvonne Banks-Martin](#)

Published by [Mystics of the World](#)

Region 6 – Southwest

Austin, TX

Contact: **CL** Michael Minuto

mminuto@yahoo.com

Contact: **CCL** Bob Marshall

TMLAustin@gmail.com

[Meetup Group Link](#)

[Facebook Link](#)

Dallas, TX

Contact: **CL** Luis Hernandez

luisfhc@live.com

[Meetup Group Link](#)

[Facebook Link](#)

Houston, TX

Contact: **CCL** Beth Vaughan

berhsrt@hotmail.com

Contact: **CL** Katherine Weldon-Mitchum

Katherine@lavinaboard.com

[Meetup Group Link](#)

[Facebook Link](#)

Oklahoma City, OK

Contact: **CL** Chris Nance

yeshua2000@yahoo.com

[Facebook Link](#)

San Antonio, TX

Contact: **CCL** Keith Gunnell

TMI-SanAntonio@hotmail.com

[Facebook Link](#)

Tulsa, OK

Contact: **CL** Liz & Steve Clark

steveandlizclark@gmail.com

Testimonials From 2014 Timeline Participants

"I would like to share a few words about my recent adventure at Timeline. Circumstances arose which led me there and I could not have been more pleased with the program—and surprised!

Unlike many of my friends, I have never had much interest in past lives. Although the exploration of past lives is certainly a part of Timeline, it is only the mechanism or process used during this program. What we did with the information gained from those explorations was transforma-

tive. For me, the integration of what I learned during those time travels was powerful beyond measure.

As I integrated experiences from past lives into my current lifetime, I became a fuller, more complete person. I found energetic "pieces" of Myself (with a capital M) and was able to welcome those pieces back into the "Me" who was attending the program. Throughout the week, more and more of "Me" returned home to this current lifetime. I left

Timeline a different person—someone with a deeper understanding of my lifetime patterns—and now with tools to further my exploration and integration once I returned home!

This is probably the best program I have taken, thus far, at The Monroe Institute. There is a very meaningful flow to the program. I am so grateful that the Universe guided me to attend this program! "

Candie Sanderson, Naples, FL

LCN Chapter Directory - US Regions (cont)

**Laugh every day it is like
inner jogging.**

Unknown

Region 7 – Midwest

Region 8 – Rocky Mountain

Crawford, CO

Contact: **CCL** Cindy Lyn Bartholome
hbcgreetings@aol.com

Fort Collins, CO

Contact: **CL** Pat Walker
walkpat@hotmail.com

Salt Lake City, UT

Contact: **CL** Travis Woodward
travis.woodward@gmail.com

Region 9 – Western Region

Las Vegas, NV

Contact: **CL** Greg Brown
gregory@gregorypbrownmd.com

Phoenix, AZ

Contact: **CCL** Howard & Deborah
Patterson
hpatterson@sonoranaudio.com
[Meetup Group Link](#)

Phoenix, AZ

Contact: **CCL** Steve & Deryn Winchester
derynwinchester@gmail.com
[Meetup Group Link](#)

Tucson, AZ

Contact: **CCL** Diane Waybright
ddwaybright@gmail.com

Region 10 – Pacific Northwest

Columbia City, OR

Contact: **CL** Renee Menchen
menchen@comcast.net

Portland, OR

Contact: **CCL** Alpesh "Al" Parikh
Alpesh_writer@yahoo.com

CCL – Certified Chapter Leader CL – Chapter Leader

Region 11 – California

Alameda, CA

Contact: **CL** Bruce Kallsen
bkallsen@gmail.com

Beverly Hills, CA

Contact: **CL** Jeanne Mount
jgriffinlion@yahoo.com

El Cajon, CA

Contact: **CL** Karen Hamlet or Mark
Hamlet
karen@sagesnow.com

El Dorado, CA

Contact: **CCL** Duncan MacVean
dm95623@gmail.com

Modesto, CA

Contact: **CL** Kari Boltwood
karialane@comcast.com

Monterey, CA

Contact: **CCL** Kathy Streletzky
TMIExcursion@gmail.com

Newport Beach, CA

Contact: **CL** Walter Dietiker
wdietiker1@yahoo.com

Strathmore, CA

Contact: **CL** Louise Fisher
flfish@citrusmom.com

San Diego, CA

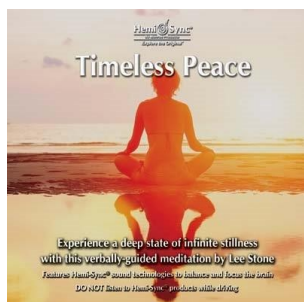
Contact: **CL** Shirley Rible
shrible1@yahoo.com
[Meet Up Group Link](#)

Contact: **CL** Mary Giovaniello
popazza@sbcglobal.net

**Every day of your life is a
page of your history.**

Arabic

Hemi-Sync® - Timeless Peace



Timeless Peace is a meditative exercise that may be thought of as a first-stage

separation- it has the potential to lead the listener to an out-of-body experience.

As you move progressively deeper

into the tingling sensations in the space just beyond the boundaries of your physical body, you may find the energy begins a rhythmic pulsing. When this happens, project your awareness out of the top of your head and explore how far above your head you can feel the pulsing.

Lee Stone

Experience a meditative state of infinite stillness, where thoughts fall away and you can be nourished by a

profound eternal peace. Lee Stone's thoughtful guidance and Hemi-Sync® frequencies help lead you into a place of timelessness, providing a deep, restorative sense of being. Features two tracks, each 35 minutes in length: Track 1 contains verbal guidance; Track 2 is a free-flow for you to create your own timeless experience.

Music by Michel Genest.

Robert Allan Monroe - Centenary of His Birth 2015



The Monroe Institute is planning a special tribute to Robert Monroe to be launched at the Professional

Division's meeting in 2015. The year marks 100 years since his birth, and 20 years since his death.

We are asking for your assistance and urge you to contribute by making a statement about how Bob's work has influenced and/or affected your life.

This can be a written statement, photos, video (no longer than 15 minutes).

Some suggestions are.

- * The most important gift you

have received from Bob's work.

- * A significant change in your life as a result of attending a program.

- * The answer to a question that has long eluded you.

- * What you feel is Bob's legacy.

- * A poem or even a short story that his work may have inspired you to write.



This tribute to Bob as well as being launched at the Professional Division's meeting, will also be collated into a video for YouTube and added to the soon to be launched

new TMI website.

If you feel your experience/s are too fantastic to write about, we urge you to write them down and submit them. They may be the key to awakening another and assisting them in their journey.

Please make the time to help us spread the word that Robert Monroe's legacy is just beginning to come of age, catch steam and blossom into new forms and countless new lives.

Please contact Michael Langevin at The Monroe Institute, his email is

michael.langevin@monroeinstitute.org

"The greatest illusion is that mankind has limitations."

Robert Monroe

Timeline - Lee Stone's Story (cont. from pge. 1)

When I came to TMI, I felt there were some gaps in what was being offered in the programs. Bob Monroe presented the concept of "off-loading" to reach escape velocity from the human being school, but with the exception of the "bubble-up" exercise in the Gateway Program he didn't offer much about how to do that.



My intention in creating the Timeline Program was and is to support others in clearing away their history

of limiting emotions and unconscious beliefs. Our lives are filled with re-occurring patterns of obstruction and self sabotage. Even when we change the life stage/set and cast of characters, the same emotions loop back

around again and again with little variation. In Timeline there is the opportunity to learn skills and have the direct experience of being a "Healer of Yourself" as no one else can do for you.

"My intention in creating the Timeline program was and is to support others in clearing away their history of limiting emotions and unconscious beliefs."

In the mid 1980's I was touring with thirty international artists doing group shows together, I was having ongoing money problems. There were occasions that I had to borrow gas money from other artists to get to the next exhibition which was painful and embarrassing. When I looked for the

origins around this issue, I found the belief that one could not have money and integrity at the same time...In fact, if you had wealth, you were declaring to all that you had no honor. I found two primary past lives that were core to this issue. The first was a Japanese samurai captain who took some questionable money and had to commit ceremonial suicide. The second was an Italian tax collector who was killed by someone he had casually cheated in 6148. After discovering, healing and integrating these two parts of myself, my art sales went from about \$18,000 to \$38,000 still traveling with the same group of artists.

In the Timeline Program you will have the opportunity to heal your past and change the present and create a new future for yourself.

Lee Stone TMI residential trainer.

LCN Chapter Directory - International Regions

International Region 1 – North America

Calgary, Canada

Contact: **CCL** Beth Haley
bethhaley@gmail.com

[Meetup Group Link](#)

Seattle, Washington

Contact: **CL** Kathy Skripek
Kathy@blacknugget.com

St Paul, Canada

Contact: **CL** Jim Szpajcher
Mudman1@telus.net

Vancouver BC, Canada

Contact: **CL** Carlie Trueman
carlietrueman@shaw.ca

International Region 2 – Latin America

Buenos Aires, Argentina

Contact: **CL** Martha Lobos
marthalobos@fibertel.com.ar

Mexico,

Contact: **CCL** Carmen Ramirez
car.ramireznm@gmail.com

Rio de Janeiro, Brazil

Contact: **CCL** Deborah Sachs
desachs@attglobal.net

San Juan, Puerto Rico

Contact: **CCL** Carmen Montonto
academiamc2@gmail.com

International Region 3 – Europe

Antwerp, Belgium

Contact: **CCL** Rolf Nuyts
rolf@focus34.com

Copenhagen, Denmark

Contact: **CCL** Anja Lysholm
anja@efterlivet.dk

London, England

Contact: **CL** Michael Fasani
michaelfasani@gmail.com

Barford, England

Contact: **CL** William Lamb
tminorfolkandsuffolk@gmail.com

Macclesfield, England

Contact: **CL** Richard Northwood
richnorthwood@tiscali.co.uk

Paris, France

Contact: **CCL** Nelly Jolivet
n.jolivet@yahoo.com

Muiderberg (NH), Netherlands

Contact: **CL** Joop de Jong
joopde_jong@hotmail.com

Noord Brabant, Netherlands

Contact: **CL** Leidi Haaijer
info@hemisound.nl

Cluj, Romania

Contact: **CCL** Petru Stetiu
anapes@clicknet.ro

Satu Mare, Romania

Contact: **CCL** Ritta Nicoara
rittanicoara@yahoo.com

Bucharest, Romania

Contact: **CL** Marilena Ionescu
marilenaionescu@gmail.com

Canary Islands, Spain

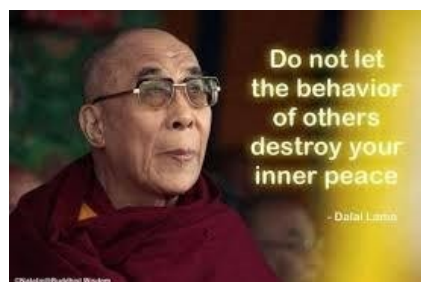
Contact: **CCL** Judith Schorring
judith.s@movistar.es

Getafe, Spain

Contact: **CCL** Marisol Perez
mspurb@yahoo.es

Switzerland

Contact: **CCL** Peter Renner & **CCL** Nicole Stoecker
peter@tmi-zurich.ch



Melbourne, Victoria

Contact: **CCL** Irene Blanck
blanck.irene@gmail.com

Perth, Western Australia

Contact: **CCL** Elaine Bowes-Lamb
tmiperthandregionswa@gmail.com

Sydney, New South Wales

Contact: **CCL** Alyshane Pooloo
alysbane@live.com

International Region 8 –India

Kolkata, West Bengal

Contact: **CCL** Nikate Khaitan
nikatekhaitan@yahoo.co.in

Kanpur, Uttar Pradesh

Contact: **CL** Archana Khaitan
khaitanarchana1@gmail.com



International Region 7 – Australia

Gold Coast, Queensland

Contact: **CCL** Gwen Jones
jonesgwen@msn.com.au

Many Faces of One Reality - BASHAR

Q: I've been reading some Seth materials: Seth Speaks.

B: Yes.

Q: And there's a concept in here that I would like your help on.

B: All right.

Q: "The soul can be described, for that matter, as a multidimensional infinite act, each minute probability being brought somewhere into actuality and existence. Each mental act opens up a new dimension of actuality. In a matter of speaking, your slightest thought gives birth to worlds."

B: Yes.

Q: Okay. Now, in words that are a little easier – I'd like some examples. In words that...

B: All right. Do you understand that everything exists on different levels of relativity?

In other words, to use your pragmatic example on your own planet: the idea, let us say, of the difference between something that is human or, let us say, an insect, is that the relative degrees between what you assume to be the perspective of the insect is that they would look upon the human as encompassing a large portion of their reality. You follow me?

Q: Mhmm.

B: And then, relative to that, you say: "Well, the entire planet compared to me is a large portion of my reality." Well, simply stated then, you can extrapolate further extensions of your consciousness to assume that there is a planetary consciousness that considers itself to be a singular being, and to that being, there are then galaxies, universes that are large part of its reality; and on and on and on.

But everything is connected. Everything is the same one thing, manifesting in all the ways it possibly can.

So whatever form it takes, the insect, the human, the world, the galaxy, the universe, it is the same thing expressing itself in a different modality.

And so it is the same thing having the same thought. Every thought it has changes everything, everywhere. You create whole worlds – literally. Because all of physical reality is a product of the imagination, so to speak, of Infinite Creation, which everything is made out of; and every single concept that you define as a separate concept contains the whole of all creation. Is this making it any clearer at all?

Q: Yes, much.

B: In a very pragmatic sense also, different dimensions of experience have the same degree of relativity to other dimensions that your insect may have to you. Though we are not saying we are denigrating the idea of the insect.

But simply put: your thoughts, literally, literally, can be the driving energy behind what some other beings in another dimension may see as a gigantic natural phenomena. Just as what you call stars – even though they are a part of your physiological reality – are also aspects of whole other levels of consciousness activity. And you see them in your universe as stars. That is how they interpret in physical dimensionality.

They have consciousness too, but not consciousness as you understand it, in terms of human consciousness, and they are parts of greater consciousness still, whose thoughts created your world, your universe. Everything supports everything else. You follow me?

Q: Mhmm.

B: Is this making it clearer?

Q: Yes.

B: Thank you very much.

Q: One other question: right after I started reading this, I started getting a stiff neck that would go into a headache.

B: Yes.

Q: Could you help me on the symbolism of that?

B: Generally speaking, any time you find yourself opening up to grander and vaster levels of siphoning energy through you, many of you will react in the channeling chakra area at the base of the neck, between the shoulder blades and up the bottom of the base of the skull.

Because that is where you usually first receive that type of energy. It is connected to the Kundalini energy in your spine, and it indicates that you are now flowing energy in an area you are simply not used to flowing it.

And the pain is the result of portions of you that are now waking up, in the same way that when you know you have cut off your blood supply for a long time and the blood flows back, you feel your arm or your leg waking up within that prickling painful sensation until it acclimates. So many portions of all of you have been asleep for so long that when you allow the energy to flow back in sometimes it's painful, because that portion of you is now waking up again. You follow me? As soon as you let it flow smoothly, you will acclimate; there will be no more pain.

Q: Yes.

B: So use the energy, use it to do what excites you. And that will accelerate the flow and alleviate all pain – because all pain is simply the product of resistance to a portion of yourself that you are now rediscovering.

Q: Thank you very much.

B: Thank you.

Darryl Anka

<http://bashar.org/>

LCN Regional Coordinators - US Regions

Region 1 - New England

Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont

David Baird

dbaird@msn.com

Use your thoughts with ultimate wisdom;

Unlock your full potential.

Region 2 - Northeast

Delaware, New York, New Jersey, and Pennsylvania

Steve Winchester

stevecwinchester@gmail.com

Region 9 - Western

Arizona, Hawaii, Nevada, American Samoa, Commonwealth of the Northern Mariana Islands, Federated States of Micronesia, Guam, Marshall Islands, and Republic of Palau, New Mexico

Steve Winchester

stevecwinchester@gmail.com

Region 3 - Mid - Atlantic

District of Columbia, Maryland, North Carolina, Virginia, and West Virginia

Ellen Jones-Walker ejones@swva.net

Region 4 - Southeast

Alabama, Florida, Georgia, Mississippi, South Carolina, Tennessee, the Virgin Islands

Don & Cindy Murphy

DomeHealingCenter@comcast.net

Region 5 - Upper Midwest

Illinois, Indiana, Kentucky, Michigan, Minnesota, Ohio, and Wisconsin

Andrea Berger ABerger@cinci.rr.com

Regional Associate: Gary Powell

powellgy@mac.com

Region 10 - Pacific Northwest

Alaska, Idaho, Oregon, Montana and Washington

Beth Haley BethHaley@gmail.com

Region 11 - California

Southern California

Diane Dyann

dianedyannTMI@aol.com

Northern California

Fred Rible,

f_rybul@yahoo.com

Region 6 - Southwest

Arkansas, Kansas, Louisiana, Missouri, Oklahoma, and Texas

Chris Nance yeshua2000@yahoo.com

Region 7 - Midwest

Iowa and Nebraska

Deryn Winchester

derynwinchester@gmail.com

Region 8 - Rocky Mountain

Colorado, North Dakota, South Dakota, Utah, and Wyoming

Cindy Lyn Bartholome

cindylyn@ymail.com

LCN Membership Discounts

\$300 off one Residential Program annually for Regional Coordinators.

\$200 off one Residential Program annually for Certified Chapter Leaders.

\$100 off one Residential Program annually for Chapter Leaders & Co-Chapter Leaders.

Please note these discounts only apply to 6 day residential programs and are only available at TMI Virginia & TMI organized programs in California.

TMI Program Schedule

Are you interested in participating in one of the 6 day residential programs at TMI?

Full details of programs held at Virginia, across the US and around the world are located on the TMI website at the following link:

[Program Schedule](#)

Human consciousness is evolving, awakening to the discovery of Self. All of us are participants in the evolution of consciousness, the next great leap for humanity.

We perceive ourselves to be more than just our physical bodies. We are connected to the universe through

nonphysical dimensions and a holographic matrix of timeless information. Life itself is not something physical and death something spiritual.

"Human consciousness is evolving, awakening to discovery of Self."

For us, life's experiences have taken on a new significance. We marvel at the wonder of an emerging perception of reality that has been here waiting for us to realize all along.



LCN Regional Coordinators - International Regions

Region 1 - North America

Canada, Beth Haley
BethHaley@gmail.com

Region 2 - Latin America

Argentina, Martha Lobos
marthalobos@fibertel.com.ar

Puerto Rico, Carmen Montonto
academiamc2@gmail.com

Brazil, Deborah Sachs
desachs@attglobal.net

Mexico, Carmen Ramirez
car.ramirez@gmail.com

Region 3 - Europe

Thomas Hasenberger
ht@thomashasenberger.com

Cyprus, Linda Leblanc
psygnos@spidernet.com.cy

Denmark, Anja Lysholm
anja@efterlivet.dk

France, Nelly Jolivet
n.jolivet@yahoo.com

Greece,
Maria Xifara & Ioulia Pitsouli
xifaramaria@yahoo.gr or
miraclsynthesis@gmail.com

Italy, Stefano Roverso
stefano.roverso@monroeinstitute.it

Sweden, Carl Osterberg
carl@humanawareness.se

Switzerland, Peter Renner & Nicole Stoecher
peter@tmi-zurich.ch

The Netherlands,
Leidi Haaier and Joop
info@hemi-sync.nl

Spain, Arkaitz Eskarmendi
earkaitz@gmail.com

Romania, Ritta Nicoara
rittanicoara@yahoo.com

United Kingdom,
Luigi Sciambarella
luigi@monroeinstituteuk.org

Region 4 - Japan

Masamichi Sakamoto
massdl@pp.ij4u.or.jp

Region 5 - Asia

China/Hong Kong/Taiwan,
John Zhang
johnzhang230@gmail.com

Region 7 - Australia

Gwen Jones
jonesgwen@msn.com.au

Region 8 - India

Northern India,
Nikate & Shri Khaitan
nikatekhaitan@yahoo.co.in

Southern India,
Krish Chary
krcqimpro@yahoo.com

Of Birds And Bodies - Beca Lewis

It happened at the airport, and it changed my view of bodies forever.

When I wrote my book [Living In Grace](#), the hardest chapter to write was the one on bodies. I didn't want to write it. I worried that if I said, "We are not our bodies," not many would believe me, and all of us would have trouble making that statement practical in our lives.

After all, think of all the ways we believe ourselves to be our bodies.

Our bodies are how people know us. We appear to live in them. They provide basic transportation. The mirror reminds us that what we feel like inside is not often what the mirror reflects back to us. We have a picture of how bodies are "supposed" to look



and sometimes we come close to that picture but often we don't; and that disparity results in a variety of feelings - not usually happy.

We feed our bodies. We put them to bed. We take them out for walks,

and sometimes we exercise them. They help us express ourselves. Sometimes our bodies are our expression.

However, because I was writing a section on relationships, I knew I couldn't leave out a chapter on bodies.

Yet, I knew that for most of us, yes I include myself, we would be fighting a battle with one of our strongest held beliefs, and it was, and is, a hard one to shift.

Until that day at the airport, I didn't

realize that I had retained a perception of what a human body looks like, and it was the standard view of shape and proportion.

Then I saw something that changed the view.

I was daydreaming while waiting for my ride, not in any mode of judgment, just observing. I watched people greet each other with love and enthusiasm; often it was members of their family. I knew they were family because they looked like each other. One particular family that was especially effusive in their greeting caught my eye as they hugged, and in my daydreaming, I imagined them as a family of beautiful round and multicolored beetles.

That's when the world snapped around to a new picture of what it is to possess a human body.

[Read More](#)

TMI Local Chapter Network

TMI LCN Leadership Council

Liz Clark

steveandlizclark@gmail.com

Laurin Bellg

laurinbellg@gmail.com

Gwen Jones

jonesgwen@msn.com.au

Tip Walker

cwalker@swva.net

Deryn Winchester

derynwinchester@gmail.com

Yahoo Group - TMI_LCN

Email: tmilcnglobal@gmail.com

For previous issues of LCN Connections [CLICK HERE](#)

LCN Mission Statement

The Mission of the Monroe Institute Local Chapter Network is to establish independent local communities that will provide continuing support for program graduates as they endeavour to integrate their TMI experience into their daily lives and continue their exploration of consciousness and personal growth.

The Local Chapter Network will also provide a point of contact for others wishing to learn more about TMI and its programs.



The Monroe Institute Local Chapter Network

Networking and Connecting Individuals & Communities

Submission Guidelines to the LCN Connections

1. Do you have a story to tell that the LCN community would enjoy or have read a great book you would like to tell others about?

3. Would you like to advise the LCN Community about your Workshop?

Send your submission to

The Editor LCN Connections

tmilcnglobal@gmail.com

•Information about workshops and other special TMI events, including local chapter meetings, Excursion Workshops and TMI Residential programs will be disseminated in a neutral and non-partial way by the LCN Leadership Council, for the pur-

pose of informing potentially interested persons and not for the purpose of advertising a particular workshop or event.

•The LCN Leadership Council and the Editor of the LCN Connections maintain the right to edit any given submissions.

•All photos submitted must be in a jpeg format and permission to print from all parties must accompany photos containing people.

Disclaimer: The views and content presented in this newsletter are written by and compiled by volunteers of the Local Chapter Network and do not necessarily

reflect those of The Monroe Institute.

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Editor: Gwen Jones